

# October 2021 MENU

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| Items with **contain pork or pork products.<br>Menu subject to change due to availability.                 | Aster Aging is funded in part by Area Agency on Aging<br>Region One   | <b>For reservation at<br/>pleases call T.C.A.A at<br/>480-858-6510-6511</b>                                       |  | 1<br>Honey Butter Chicken<br>Broccoli<br>Sweet Potato<br>Whole Wheat Roll<br>Mandarin Oranges                  |
| 4<br>Shepherd's Pie w/ Mixed Vegetables and Mashed Potatoes<br>Whole Wheat Roll<br>Pineapple               | 5<br>Scrambled Egg w/ Spinach & Mushrooms<br>O'Brien Potatoes<br>Whole Wheat Croissant<br>Fresh Fruit       | 6<br>Lemon Pepper Trout<br>Rice Pilaf<br>Peas<br>Whole Wheat Roll<br>Peaches                                      | 7<br>Beef Burgundy Tips w/ Noodles<br>Scandinavian Vegetables<br>Asparagus<br>Whole Wheat Roll<br>Grapes             | 8<br>Baked Ham w/ Pineapple**<br>Glaze<br>Cauliflower<br>Stewed Tomatoes<br>Whole Wheat Roll<br>Fruit Cocktail |
| 11<br>Shrimp Alfredo<br>Fresh Green Beans<br>Italian Mixed Vegetables<br>Whole Wheat Roll<br>Mixed Berries | 12<br>Beef Tacos<br>Refried Beans<br>Whole Wheat Tortilla<br>Banana   | 13<br>BBQ Chicken<br>Baked Beans<br>Grilled Vegetables<br>Whole Wheat Roll<br>Apple                               | 14<br>Cheese Ravioli w/ Tomato Sauce<br>Edamame<br>Capri Vegetables<br>Whole Wheat Garlic Bread<br>Fresh Melon       | 15<br>Baked Catfish<br>Vegetable Rice Pilaf<br>Broccoli<br>Whole Wheat Roll<br>Cinnamon Sliced Peaches         |
| 18<br><u>Cold Salad Plate</u><br>Egg, 3 Bean and Beets<br>Whole Wheat Roll<br>Pineapple                    | 19<br>Chicken Parmigiana w/ Pasta<br>Garden Salad<br>Spinach<br>Vanilla Pudding<br>Grapes                   | 20<br>Brat w/ Sauerkraut**<br>Hot German Potato Salad<br>Sliced Carrots<br>Whole Wheat Bun<br>Nutmeg Sliced Pears | 21<br>Meatloaf w/ Gravy<br>Mashed Potatoes<br>Chuck Wagon Corn<br>Whole Wheat Roll<br>Sliced Apples<br>Birthday Cake | 22<br>Pork Stir Fry w/ Peppers** & Broccoli<br>Bok Choy<br>Brown Rice<br>Fruit Cup                             |
| 25<br>Honey Sesame Chicken<br>Carrots<br>Green Beans & Tomatoes<br>Wheat Roll<br>Apricots                  | 26<br>Lemon Pepper Tilapia<br>California Blend Vegies<br>Garden Salad<br>Whole Wheat Roll<br>Fruit Cocktail | 27<br>Turkey Burger<br>w/ Lettuce & Tomato<br>Baked French Fries<br>Fresh Fruit Cup                               | 28<br>Broccoli & Cheese Stuffed Chicken<br>Green Beans<br>Corn<br>Whole Wheat Roll<br>Mandarin Oranges               | 29<br>Sloppy Jo<br>Baked French Fries<br>Brussel Sprouts<br>Whole Wheat Bun<br>Pumpkin Bar<br>Orange           |